

TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, NOVEMBER 9, 2001

VOLUME 26, NUMBER 43



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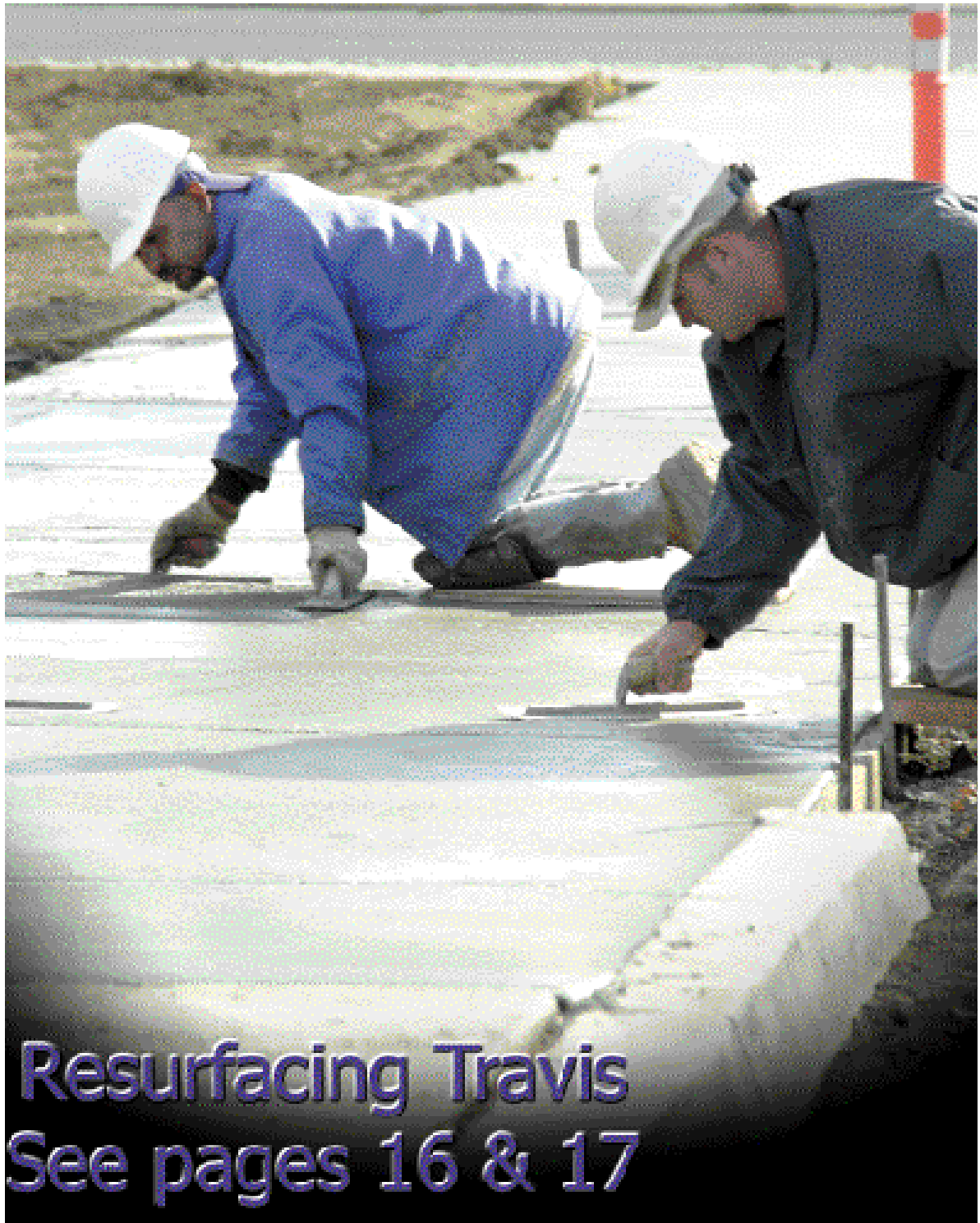


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Words from the top...

From Normandy to Afghanistan America's heroes never fail

By Col. Dave Lefforge
60th AMW Commander

On Sept. 14, 1951, Capt. John Walmsley Jr., a 31-year-old native of Baltimore, Md., was flying his B-26 on a night combat mission near Yangdok, Korea.

Sighting an enemy supply train that was a priority target, he immediately attacked and disabled it. With his ammunition gone and despite intense antiaircraft fire, he continued to make low passes over the train, searchlight blazing, to give friendly aircraft the help they needed to destroy the vital enemy war cargo the train was carrying. On his final pass, his plane was hit and crashed into the surrounding mountains, killing him instantly.

For his actions, Captain Walmsley became the second member of the newly formed Air Force to earn the Medal of Honor.

Since that day 50 years ago, more than 17 million young Americans like John Walmsley have answered their country's call to service. Like him, in the same period, more than 81,000 Americans have paid for our freedom with their lives.

Almost 50 years to the day after John Walmsley died, a new generation of young Americans were called to combat – this time against terrorists who killed thousands of Americans on our own soil.

Before the deployments even began, the pundits were wondering whether America had the stomach for what promised to be a long and difficult fight against an enemy capable of the inhuman acts we witnessed Sept. 11.

Over this long weekend, you have a chance to answer that question. Because this weekend, wherever you go – even if you never leave the base – you will have a chance to talk to one of America's 25 million living veterans.

When you talk to them, they will tell you that they never thought about being heroes. From the beaches of Normandy to the deserts of Iraq, though, no nation produced heroes greater than them. They lived in dangerous times, and they made their stand against tyranny and hatred.

The Marine who fought inch by inch through the jungle island of Guadalcanal in 1942 is not much different than the airman fighting terrorism today, whether the fight calls that airman to serve at Travis or an airfield on the other side of the globe. The family that waited for that Marine to come home is not much different than any family here at Travis.

Like John Walmsley, who kept flying over that train with his searchlight on, they are all willing to pay the price of freedom, to do what they must do as citizens of a free society whenever freedom is threatened.

Veterans Day began with Armistice Day, marking the anniversary of the end of World War I on Nov. 11, 1918. The carnage and weapons used in that war were so terrible in comparison to everything that had gone before that veterans commemorated the conflict's end in the hopes that it would be remembered as "the war to end all wars."

In 1954, President Dwight Eisenhower, himself a veteran, signed legislation to formally establish Veterans Day as "a day ded-



Lefforge

icated to world peace."

In 225 years, America has not been able to put an end to the violence of war. We have not been able to establish world peace. In reality, we may never realize those visions. But we should never lose faith that Americans will do what we must to make the world a better, safer place.

This is what John Walmsley and the 42 million other Americans who have fought our nation's battles since 1776 will tell us if we listen.

On this Veterans Day, honor the 893,000 Americans who have died defending life and liberty. Thank one of the 25 million still with us today. Pray for those at home and abroad who proudly follow in the footsteps of our veterans.

Above all, remember what the searchlight on John Walmsley's B-26 really showed his fellow Americans. It illuminated a truth that the enemies of freedom, whatever they may say, have secretly learned to fear: in America, heroes are born every day. And our heroes will never fail us.

Tailwind

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60th Air Mobility Wing

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ACTION LINE

TRAVIS AIR FORCE BASE

Call the Action Line at 424-3333

Gym fees

Q My concerns are the fees and the passes at the gym. An aerobics pass is \$20, and if you want to take extra classes, such as yoga, it's extra. The military can take some of the classes free, but the dependents cannot.

I don't understand why the dependents cannot take the classes for free, just like the military, if space is available.

A Fitness Centers are directed by AFI 34-266 to offer "core" exercise classes, "fitness improvement programs" and "enhanced" fitness programs. Core and FIP classes are provided for active-duty members who do

not meet minimum fitness or weight standards.

We follow specific guidelines for our base size that require us to provide 15 classes per week that will be funded and provided specifically for active duty to be able to meet their requirements.

For non-active-duty participants are required to pay a nominal fee for aerobics classes to cover the cost of contracted instructors.

According to the AFI, "enhanced" classes include spinning, martial arts and yoga. They are provided by contract with an instructor, and fees are charged to cover the cost of running those programs. Anyone who participates in an enhanced class must pay the fee regardless of status. If scheduling is an issue, we allow "pass" holders to participate at core class times if space permits, but only active duty are allowed to participate at the designated core class time for free. A monthly pass is a steal at only \$20 for unlimited classes. Holders can attend classes six days a week and can go to more than one class a day if they choose. If a person attended class 3 times a week during the month they would only be paying \$1.65 per class. The price of our aerobics pass has not been raised since 1993.

We have already bent the rules slightly by incorporating spinning into our monthly aerobics pass since it emphasizes cardiovascular fitness. Martial arts and yoga will continue to be separate fees as the AFI instructs.



A1C Alice Moore / 60th AMW Public Affairs

Sidewalk facelift: Workers put the finishing touches on a sidewalk outside of the Fitness Center. For more on how Travis is improving its infrastructure, see pages 16 & 17.



TSgt. Scott King / 60th AMW Public Affairs
Maj. (Dr.) Lawrence Nycum and Capt. (Dr.) Paula Hubert, David Grant Medical Center Department of Obstetrics and Gynecology, discuss a patient's chart prior to making a diagnosis.

Research pays off for gynecological patients

By TSgt Scott King
60th AMW Public Affairs

Doctors at David Grant Medical Center have identified a cause of false positive blood tests with the pregnancy hormone "human chorionic gonadotropin" or hCG.

This test abnormality has been found to cause unnecessary therapy in a small number of female patients

Doctor's Capt. Tandy Olsen, Capt. Paula Hubert and Maj. Lawrence Nycum of the DGM Center Department of Obstetrics and Gynecology authored an article on the subject that was recently published in the November 2001 edition of the national journal "Obstetrics & Gynecology."

Positive hCG levels are found in women with normal pregnancies and in those women with ectopic pregnancy, miscarriage or other abnormalities of pregnancy tissue. Ectopic pregnancy is a pregnancy in which a fertilized ovum, or egg, implants on tissue outside the uterus, usually in the fallopian tube.

The authors identified the presence of specific antibodies which can cause the blood hCG test to turn positive even though the patient is not pregnant or has other pregnancy tissue problems. The test, if read as positive, can place patients at risk for unnecessary treatment. They recommended the use of a urine-based pregnancy test to confirm the findings in this particular group of patients prior to initiating any specific therapies.

"It's a very small population of patients who may be effected by these specific antibodies and cause a falsely elevated or positive hCG test," Nycum, co-author and DGM Center Chief of Gynecologic Oncology services, said.

"Hopefully, as a result of the publication of our findings, other physicians may be able to identify those patients who are at risk for over-treatment for a presumed pregnancy-tis-

sue related problem," Nycum said.

The most important message in the findings is simply that physicians need to be aware of the possibility of false hCG tests, Olsen, co-author and former DGM Center Obstetrics and Gynecology resident, who has PSCed since publication of the findings, said. If the results of an hCG test don't correlate with a patient's history, symptoms or other test results, then perhaps a second test of urine should be performed.

"When a woman's history, examination and ultrasound findings are incongruent with hCG results, her physician should consider false positive hCG," Olsen said via e-mail.

The article has captured the attention of national media along with praise from the president-elect of the American College of Obstetrics and Gynecology.

In a recent editorial, Dr. Charles Hammond said, "This article is particularly important to practitioners of our discipline. This important observation means that false positivity should be considered in any patient suspected of having trophoblastic (pregnancy related tissue) disease or ectopic gestation in whom lower level positive values are obtained.

"The authors provide an excellent article to document the perils of false positive serum hCG," Hammond said. "I very much appreciate their drawing it to the attention of all who practice."

The authors are glad they were able to shed some light on such an important issue.

"The resulting response to our article was quite unexpected," Nycum said. "It's quite humbling when the president of the ACOG writes an editorial that specifically recognizes your work as important to women's health care. I'm glad we were able to address a medical finding that can perhaps lessen undue treatment associated with this condition."

Paying tribute to those who've served Secretary, CSAF share their feelings on Veterans Day

By James G. Roche
Secretary of the Air Force and,
General John P. Jumper
Air Force Chief of Staff

WASHINGTON (AFP) — For more than 80 years, Americans have reserved one day each autumn to pause and pay tribute to the veterans of our military. In 1921, when this tradition began, it was known as



Roche

Armistice Day — a day to celebrate the end of the fighting of World War I. But World War I was not the end of all wars,

and Americans have had many opportunities to mourn and pay tribute to the continued service and sacrifices of our military veterans.



Jumper

This autumn, in the midst of a war against terrorism, we again take the opportunity to pause and pay tribute to our military veterans.

On Nov. 11 — Veterans Day — we honor the brave and selfless Americans who have served, as well as those who continue to serve, for the causes of Freedom, Liberty and Justice.

America Recycles Day right around corner

By Linda Weese
60th AMW Public Affairs

The fifth annual America Recycles Day is Nov. 15.

The theme this year is - A Great Time to Renew Our Commitment to Recycling." The theme is based on the continual need to rededicate people to recycling.

According to America Recycles Day coordinators, communities across America are celebrating America Recycles Day through the common thread of resource conservation and environmental protection.

All Team Travis members are encouraged to increase their recycling and to increase their purchases of recycled content products, said Delores Tiburcio, Travis recycling program manager.

Tiburcio's goal is to get folks all over the base to pledge to buy recycled products, recycle more or make other efforts to promote recycling. To promote America Recycles Day locally, Tiburcio recently trained all International Merchant Purchase Authorization Card holders on how to buy recycled items at their annual refresher training.

Base personnel can retrieve a list of web sites at: w3.travis.af.mil/60cons/gpc/regs andguids, showing Travis

requirements and how to buy recycled.

A national contest is being organized with special prizes to encourage Americans to think more carefully about their recycling habits.

America Recycles Day participants who pledge to renew their commitment to recycling will be eligible to win a prize pack of quality recycled content products as well as other environmentally responsible products.

To enter the contest, log on to www.americarecyclesday.org.

According to CMSgt Dan Johnson, command chief master sergeant for the 60th Air Mobility Wing, there have been remarkable improvements in the base's recycling program. Johnson said that he has not only seen the program expand tremendously, but he has also witnessed Team Travis becoming better educated, more aware and taking greater responsibility in regard to environmental protection through recycling and good stewardship.



NEWS NOTES

Congrats Chief selects

Travis announced Wednesday the selection of 13 senior master sergeants for promotion to chief. The promotees are: Bryan Burns, 60th OG, Hector Carrion, 60th Trans, Terrence Frost, 715th AMS, Gary Giarrantano, Detachment 1, 60th APS, Stephen Kingrey, 60th LSS, Curtis Knowles, 9th ARS, Susanto Lee, 60th AMW inbound, Terry Moore, 60th MDSS, Marie Osborn, 60th MSGS, Ronald Prewitt, 60th MSGS, David Spector, 60th OG, Brian Summ, 15th AF and Stephen Turner, 60th CS.



Health care meeting

The next Health Care Advisory Council meeting is scheduled for Tuesday in the David Grant Medical Center auditorium at 1:30 p.m.

This meeting focuses on the health benefits for active duty members, retirees and their beneficiaries. For more information, call SrA Taveya Murphy at 423-3488.

Commissioning

Have you considered the Air Force Academy or Air Force ROTC as a means for earning a college degree and an Air Force commission? Now is the time to start the application process to enter the Air Force Academy or Prep School. The next deadline for the Academy is Jan. 31, 2002. For personnel interested in AFROTC, the next deadline is March 15, 2002, for fall 2002 school entry. Representatives from the Air Force Academy and AFROTC will be on hand to answer questions today at 10 a.m. at the Education Center, Bldg. 249. This is a great opportunity to find out more about these unique commissioning opportunities. Call 424-1727 for more information.

Preservation

American flags lining Travis Avenue and Burgan Boulevard will be taken down on or around Nov. 16. Base officials said the move is not intended to discourage displays of patriotism during the nation's campaign against terrorism, but that preserving the flags for continued use requires they be removed before they can be severely damaged by inclement winter weather.

Commissary closure

The Commissary will be closed Monday in honor of Veterans Day. However, the Mini-Com will be open at 11 a.m. The Commissary will also be closed Thanksgiving day. For more information, call 437-9211.

■ SEE NEWS NOTES ON PAGE 15

Smokeless tobacco cessation coming soon \$2 million grant show military's commitment to a healthy force

By TSgt. Steve Elliott
Wilford Hall Medical Center Public Affairs

LACKLAND AIR FORCE BASE, Texas (AFPN) — Snuff, chew, chaw, dip, or just a pinch between cheek and gum — whatever people choose to call smokeless tobacco, it can mean serious short- and long-term problems for its users.

Oral cancer is the most obvious problem. But there are also a whole slew of other unpleasant side effects. These include discolored teeth, receding gums, chronic bad breath and viscous spit that is the inevitable byproduct of smokeless tobacco.

Doctors at Wilford Hall Medical Center have just received notice of funding for about \$2 million for a grant to implement a smokeless tobacco cessation program. While the grant must first go through a detailed review and development process, this funding support shows that the military considers smokeless tobacco use a real problem.

Smokeless tobacco affects the health and readiness of servicemembers and creates a financial burden on the military even after a user retires. Use of smokeless tobacco has been associated with numerous dental health consequences, including receding gums, abrasion of teeth, loss of bone mass, leukoplakia, lesions in the mouth, and oral cancer.

The increased heart rate and blood

pressure from using smokeless tobacco may also contribute to increased risk for cardiovascular disease.

Smokeless tobacco contains several known carcinogenic agents, said Dr. Herb Severson, a scientist at the Oregon Research Institute and the civilian principal investigator of the study.

"There are about 30,000 new cases of oral cancer each year, or one every hour of every day, and most oral cancer is directly related to the person's use of tobacco," he said.

Oral cancer is very deadly, Severson said. About one-third of those diagnosed with oral cancer will die of it, meaning one person will die every hour of every day in the United States from this disease.

With more of the military deploying to even more remote locations, getting a fix of dip can be difficult, if not impossible, for a servicemember. This can result in nicotine withdrawal symptoms in someone who is already stressed from deploying on a potentially dangerous mission.

"There are more and more environments now that don't allow for cigarette smoking," said Capt. (Dr.) Christine M. Hunter, director of clinical programs and research at the clinical health psychology service. "There are many myths about the perceived safety of smokeless tobacco compared to cigarettes. There are some people who switch thinking smokeless is not so bad.

In the new study, users will identify themselves when completing their annual preventive oral health assessment.

"Six bases will be chosen for the study, and we estimate more than 35,000 people will be screened," Hunter said.

If people agree to participate in the study, they will answer a questionnaire and be entered into a randomized two-group design that compares a brief-contact intervention with the usual preventive health care.

The treatment group will receive a brief motivational intervention in the form of a phone call, offering the person a chance to quit using smokeless tobacco. If the person agrees, then a quitting date is set and the person is sent a packet of cessation materials specifically tailored for military people. Follow-up counseling phone calls are made before the three-month follow-up to check progress.

The usual care group gets follow-ups at three and 12 months after being placed in the program. At the completion of the study, all participants in the usual care group will be offered the program materials.

The program aims to cost the military very little to carry out, but can be used broadly throughout all the services since it does not require attendance in classes and works without using nicotine gum or patches.

Health & Wellness Center ready for Great American Smokeout

60th Medical Group

Once a year the Great American Smokeout comes to those who need the push to think about quitting tobacco use.

Thursday, the Travis Health and Wellness Center and the Travis Integrated Delivery System want to encourage all tobacco users to stop at least for one day to give their bodies a chance to be tobacco free. Even those individuals who are not ready to quit now should use this day to get ready to quit and to plan for the day when they will quit for good.

Most tobacco users are aware of the health problems associated with tobacco use.

The short-term risks include: shortness of breath, worsening of asthma, impotence, infertility and increased serum carbon monoxide, which can lead to increased risk of sudden death due to oxygen starvation. The long-term risks of tobacco use are: heart attacks and stroke, cancer of the lungs, larynx, mouth, esophagus, pancreas and lung disease.

What is often not realized is the effect tobacco use has on their family and friends and the financial burden tobacco use puts on those who use it.

It is now clear that the risks of second-hand smoke are much more serious than previously thought. There is an increased risk of lung cancer (approximately 3,000 cases per year) higher risks of smoking among children of smokers, and six times the risk of Sudden Infant Death Syndrome, increased middle ear infections, asthma and increased respiratory infections among the children of smokers.

The financial burden is also surprising. An airman basic who smokes a pack of cigarettes or dips a can of snuff a day will spend approximately 15 to 20 percent of his take home pay on tobacco. That means less money for clothing, a car, CDs, leisure activities or presents for the holidays. If this

\$1,500 to \$2,000 per year spent on tobacco were instead put into a mutual fund paying 12 percent yearly, it would accumulate \$600,000 to \$800,000 at the end of 40 years.

For individuals who want to participate in the Great American Smokeout or who want help with their long-term quit plan, the HAWC has a whole host of resources available to them. The HAWC has put together

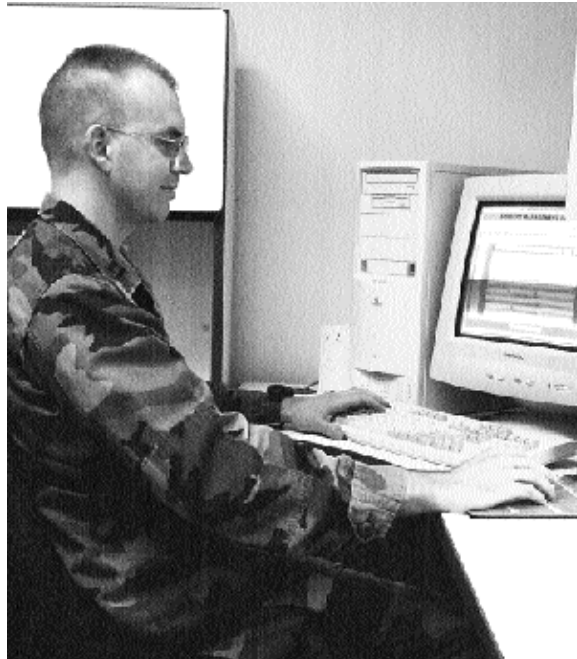
several separate kits to help these tobacco users.

There is one to support quitting for the day and making a plan for the final quit.

There is another to support individuals who want to make that final quit on their own, and there is one specifically for the smokeless tobacco user that includes mint snuff to help the individual transition off of tobacco. In addition to these kits, the HAWC can sign personnel up for the Travis Tobacco Cessation course taught by Family Practice physicians or connect people with a host of other cessation programs in the local area.

For more information about the Great American Smokeout or tobacco use cessation, call the HAWC at 424-4292.





Capt. Matthew McLaughlin accesses the computer software program that won him a \$10,000 award from the Air Force IDEA program.

Idea pays off for Travis captain

Story and photo by Michael T. Moseley
Daily Republic/Itasca

If necessity is the mother of invention, the Air Force IDEA program is the delivery room staff. IDEA stands for the Innovative Development through Employee Awareness program and plays an integral part in saving the Air Force money. Last year, Travis led the Air Force in submissions and had the highest dollar amount awarded to IDEA participants.

It's people like Capt. Matthew McLaughlin who make the program work.

McLaughlin, a surgical nurse at David Grant Medical Center, noted the vast amount of man-hours required to keep records and manage the various rooms required for different procedures.

"It was taking a lot of people a lot of time to make reports, schedule rooms, order supplies ... things like that," McLaughlin said.

In fact, the process of paperwork for a routine medical procedure required the information to be entered on two different forms, transcribed into the computer, retrieved from the computer and entered onto another form only to be entered into the computer again later. The possibility for human error to enter into the picture was phenomenal.

Scheduling rooms to be used for different operations was also rife with problems.

"The old system allowed for the possibility of more than one group to schedule the same room at the same time," McLaughlin said.

There was no doubt in McLaughlin's mind that something needed to be done to stop the duplication of effort and time that the current system was costing.

McLaughlin checked into the budget he would be allowed to access to create a new system and found that there were no funds available. Armed with nothing but the existing software on his computer and his own knowledge of what needed to be done, he set out to remedy the situation.

"I did a lot of the work at home in my spare time," McLaughlin said.

"That didn't make my wife very happy, but she's coming around now. I think she thinks it was worth it."

Worth it because, when McLaughlin was finished with his software creation, he was awarded \$10,000 based on the amount of money and man-hours his program would save the Air Force as a whole.

"It tied up a lot of my time to untie a lot of other people's time," McLaughlin said with a smile. "But, it makes things easier and quicker."

McLaughlin's idea has literally put an end to paper-based scheduling of rooms, and its user-friendly, point-and-click aspects make it easy to input data and prompts the correct information as it is entered.

Now, with the touch of a mouse button anyone can generate a report on any operation, and every aspect thereof, from any terminal.

"Before, some of these reports were literally made out by someone sitting down with a pencil and paper and trying to write everything out from all these pieces of paper," McLaughlin said.

The fact that all of the surgery request forms can now be computer generated has eliminated mistakes made due to legibility concerns.

Though the program can accommodate every surgeon and everyone in the hospital who has a need to access the information, it does not allow for "on-the-fly" changes to be made. That eliminates the need for outside consultation and auditing of the paperwork.

What's more, now that the software program is finished, there will be no more operating costs associated with the application.

Unfortunately for Travis and the surrounding area economy, McLaughlin won't be around to spend his well-earned award here. He has orders to Maxwell AFB, Ala.

"The cost of living's a little cheaper out there," McLaughlin said.

For information on making IDEA submissions, contact Travis IDEA program office manager Susan Rosellini at 424-3767 during normal duty hours.

Diagnostic imaging

Discovery of the world within

60th Medical Group

The 60th Medical Group's Diagnostic Imaging Flight will culminate its week-long celebration of Radiologic Technology Week Saturday.

This year's slogan is "Creating the Perfect Image."

The week is dedicated to recognizing the history of radiologic technology, and the professionals who have made the radiologic sciences an integral part of health care.

Looking back, it's hard to believe how deeply opaque the world and the human body seemed to everyone before William Conrad Roentgen's remarkable discovery on Nov. 8, 1895.

The world before X-ray was a world where men and women wore several layers of clothing in all seasons, and people went swimming covered from neck to

knee. Clothing concealed the skin while skin concealed secrets of the body. The historical irony is that the unearthing of rays that could penetrate clothing as well as skin and leave an image of the living bone appeared in the most reserved period in western history, the ways of viewing the body remained relatively unchanged until Roentgen.

In this day of hyperbole and false innovation, it is easy to forget the power that X-ray had over the popular imagination, and how it revolutionized medicine. Through medical imaging we have been able to explore deeper into the mysteries of the body with far

greater accuracy to treat and diagnose patients.

If you would like to find out more information on a career in radiology or would like a tour of the Diagnostic Imaging Department, contact call 423-7512 or 423-7648.



TSgt. Teddy Green / 60th Medical Group
David Grant Medical Center employs a wide array of radiographic equipment.

HOMETOWN NEWS RELEASES

Fill out the Department of Defense Form 2266 and bring it in to the Public Affairs Office in Bldg. 51, Room 232.



Air Force photo

Gen. John P. Jumper, Air Force Chief of Staff, passes the command of Air Mobility Command to Gen. John W. Handy in a Monday ceremony at Scott AFB, Ill.

Handy takes command of U.S. TRANSCOM, AMC

By SSgt. Scott Leas
Air Mobility Command News Service

SCOTT AFB, Ill. — Gen. John W. Handy took command of U.S. Transportation Command and Air Mobility Command from Gen. Charles T. "Tony" Robertson during ceremonies officiated by Gen. Richard B. Myers, Chairman of the Joint Chiefs of Staff, Monday at Scott Air Force Base.

Handy, as commander in chief of U.S. TRANSCOM, now exercises command of service transportation components from the Army, Navy and Air Force. As commander of AMC, he provides operationally trained, equipped and mission-ready air mobility forces to support U.S. requirements.

"My wife Mickey and I are delighted to be back at Scott. This is an incredible community, both civilian and military," said Handy. "I'm honored to take command of the magnificent TRANSCOM and AMC teams."

Myers told the audience that both he and Secretary of Defense Donald H. Rumsfeld counted themselves lucky to have Robertson in command of their mobility forces during the onset of operations Noble Eagle and Enduring Freedom.

"I also know of no one better to carry on this fight than Gen. John Handy," said Myers. "And with his wife Mickey at his side we'll con-

tinue to have a superb team at the helm here at Scott Air Force Base. General Handy is a leader, a warrior and an aviator uniquely qualified to head our defense transportation system to the next level of innovation and transformation."

Speaking directly to the men and women of the department's mobility forces, the chairman praised their efforts in national defense.

"So my message to the TRANSCOM team today is well done and we are all very proud of you," said Myers. "Whether transporting aid to New York City or Washington, delivering equipment and people by rail, ship or plane, providing aerial refueling support for combat sorties, or air dropping relief supplies to starving Afghan refugees, you have been absolutely indispensable."

Handy also stressed the importance of mobility in today's military.

"We are the lifeline of our military," he said. "We get the war fighter to the fight, sustain them once they are in place, and bring them home when they are done. At the same time we provide essential lift worldwide in peace and crisis. We rely on you, our dedicated transportation professionals, to do it. The nation has asked much of you in the past, and you've always delivered it. In light of recent events, it will ask even more, and I know you'll come

through."

Jumper echoed the chairman's words that no one is more qualified to take the reins of command than Handy. He told the audience that mobility enables America to fight terrorism at its very doorstep and praised the efforts of the nation's mobility team in building the bridge that takes the forces to the fight.

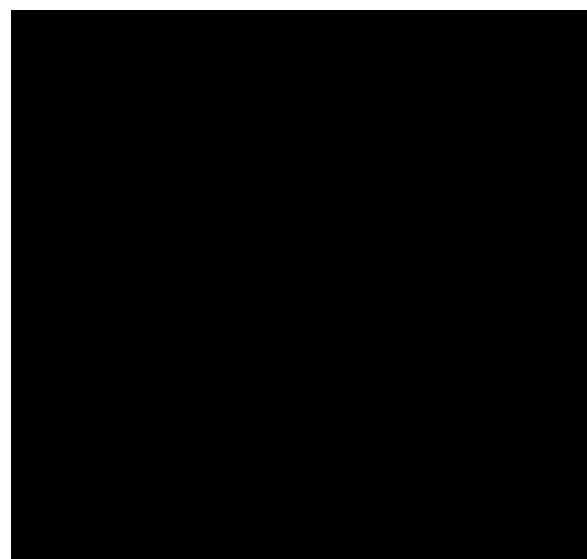
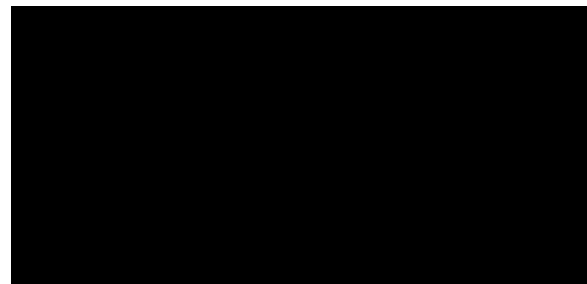
Robertson, bidding a fond farewell to the men and women of U.S. TRANSCOM and AMC, told the audience, "Before Sept. 11, I used to wonder sometimes if the nation you guard truly realizes how blessed they are to have you," said Robertson. "I hope the current surge of patriotism and support our military now has lasts. You are the custodians of rich heritage, a set of values that made this nation great."

The new commander of U.S. TRANSCOM and AMC promised to concentrate on the commands' key issues.

"I will focus on readiness, modernization, improving our processes and our most important asset, the great and wonderful people who put the life in lift," said Handy.

"I believe we have some work to do," said Handy. "As you know, the sun never sets on our operation. Mickey and I look forward to working with each of you as we continue to provide world-class mobility support to our nation."

The SWAP ADS deadline is noon Monday for that Friday's TAILWIND. Ads can be dropped off in Bldg. 51. Submissions do not guarantee publication.



Readiness Day

The 60th Support Group will be conducting a Readiness Day Thursday.

During the Readiness Day, Support Group squadrons will be minimally manned, and customers may experience minor delays.

Graphic by SSgt. Jim Verchio / 60th AMW Public Affairs



Scott Spitzer

SSgt. Erin Evans (right), a KC-10 Extender boom operator from the 2nd Air Refueling Squadron at McGuire AFB, N.J., shows Adam, from the cast of MTV's *Road Rules*, how to operate the boom. The *Road Rules* boarded the KC-10 aircraft and observed an aerial refueling of a B-2 Spirit bomber during the taping of the show in March.

Road Rules cast learns perseverance

By MSgt. Mark Haviland
305th Air Mobility Wing Public Affairs

MCGUIRE AIR FORCE BASE, N.J. (AFPN) — The Air Force received a little more than 15 minutes of fame Monday when Music Television aired the second of two episodes of its reality show "Road Rules 10," which featured Air Force people and equipment.

The show's producers estimate about 30 million recruitment-age viewers watch the show. The first episode aired Oct. 29.

The two-episode season finale, taped here and at Fort Dix, N.J., in March, only lasted an hour on the screen, but represented months of behind-the-scenes coordination and effort throughout the Air Force.

Dubbed "The Quest," the show's 10th season pitted a group of six "20-somethings" against a series of challenges aimed at helping them discover the virtues of perseverance, trust, faith, courage, valor, endurance, ingenuity, patience, determination and teamwork. The virtues were printed on pieces of a Road Rules crest the cast had to put together in order to receive their "handsome reward" by the end of the season.

"This show was a perfect fit for us," said Capt. Jim Fuchs, who spearheaded the service's involvement from the Air Force's New York City-based media outreach office. "I think everyone in the Air Force can relate to the virtues they were promoting."

Adam, Ellen, Katie, Blair, Sophia and Steve — names now known to teens around the world — headed here after weeks of adventuring in Europe. They knew only that their next mission was to earn the last piece of their Road Rules crest for perseverance, the last thing that stood between them and their "handsome reward."

Waiting for them were the men and women of the Air Mobility Warfare Center's 421st Ground Combat Readiness Squadron. Led by Capt. Bob Winters and MSgt. Kevin Townsend, the unit's black-hatted cadre had just two days to train and test the "roadies" in a humanitarian medical relief scenario.

The cast low-crawled their way through mud puddles, driving rain, cold wind, smoke and "enemy" fire to face simulated casualties with various injuries. These "casualties" are familiar to anyone in the Air Force who has completed self-aid/buddy-care training.

In the second episode, the Road Rules board a KC-10 Extender aircraft and observe an aerial refueling of a B-2 bomber.

Alicia Bean, one of the MTV segment producers, praised the on- and off-camera efforts that led to the first two-episode finale in the show's 10-year history.

"I came in with little exposure to what the military is all about, but I left with a tremendous respect for you guys and what you do," she said. "I thought this was the best episode we've ever done, and I'd definitely like to work more with the Air Force."

Classified ads work. Call 425- 4646.



MSgt. Michael Briggs / Air Force Print News

Clockwise from front left, TSgt. David Martin, MSgt. Carlton Moore, Epsi Montoya, MSgt. Terry Karshis and TSgt. Adam Billingsley discuss the supply systems analyst test in their team room at the Air Force Occupational Measurement Squadron at Randolph AFB, Texas.

Writing promotion tests proves challenging

By MSgt. Michael Briggs

Air Education and Training Command Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFPN) — TSgt. David Martin usually spends his duty days handling computer issues as a supply systems analyst at Dyess AFB, Texas.

But in October, Martin applied the skills of his trade in a different manner: by helping create his career field's staff, technical and master sergeant promotion tests at the Air Force Occupational Measurement Squadron here.

"I'll never look at a test the same way again because of the process we've gone through here," Martin said. "It was an eye-opening experience."

That process ensures the best people move through the enlisted ranks in the Air Force, said Lt. Col. Gene Henry, AFOMS commander.

"The system is always fresh, as tests are revised annually," Henry said. "It's a tremendously thorough and precise process."

It is a process TSgt. Adam Billingsley said he thought would be much different than it turned out to be when he arrived from Scott AFB, Ill. Billingsley teamed up with Martin as a subject matter expert for the supply systems analyst test rewrite.

"I thought we would sit down and brainstorm a little bit and that would pretty much be it," Billingsley said. "I was surprised by the amount of work that goes into producing a test. The amount of people who have to review it, who have to dot the i's and cross the t's — I didn't know it would take all that."

With a bank of about 32,000 questions on hand, AFOMS has followed a time-proven process since the unit's inception in 1970 that maintains the integrity of the Air Force promotion system, said Monty Stanley, chief of the AFOMS test development flight.

Once the subject matter experts draft questions, the team's test psychologist, a quality control psychologist and a test management psychologist review the new questions, plus any questions carried over from the previous bank of test questions before the items are accepted. Agreement must be unanimous to give a question the green light.

"Having taken the test a few times, I came away telling myself I had no idea where 'they' came up with this question or that question," Billingsley said. "Now, I guess we'll be looked at that same way, but I can honestly say they're all valid questions."

Are you ready?

TDY's, deployments, natural disasters, family emergencies, remote assignments? Call the Family Support Center at 424-2486 and receive your free Air Force Readiness Packet.

Validating laboratory test

60th Medical Group studies influenza vaccine

By TSgt. Rinda Hamilton
60th Medical Support Squadron

The Clinical Investigation Facility at David Grant Medical Center has been tasked by the Air Force Surgeon General to validate a laboratory test that will provide more information regarding the influenza vaccine.

Specifically, the study will help determine why approximately 20 percent of people who receive the influenza vaccine do not develop an effective immunity.

If someone fails to develop an effective immunity after receiving the influenza vaccine and subsequently becomes exposed to the virus, he or she will become ill, but will probably recover in a week or two with no significant after-effects. Anthrax, smallpox, yellow fever and cholera, however, have far

more dramatic health effects if effective immunity is not obtained.

Since the same mechanisms that provide immunity against influenza also provide immunity against other agents, the study may accelerate the development of more effective vaccines for other infectious agents of military importance. Furthermore, it may identify subpopulations of warfighters who, due to their inadequate immunologic responses, need to undergo further immunization before being sent into the field. Such preventative measures could significantly reduce morbidity and mortality during combat situations.

Looking for volunteers

To participate in the study, people must be at least 18 years of age and possess a valid

Department of Defense identification card. People also must not have received the influenza vaccine this year. Volunteers should call the CIF at 423-5024 to set up an appointment on one of the following days:

Nov. 19-21 from 7 to 8:30 a.m. at the Clinical Investigation Facility at DGMCC.

During this first appointment, volunteers will receive the influenza vaccine and donate one tube of blood.

Volunteers must return to the CIF one, three and 12 weeks after the vaccine to donate one additional tube of blood. After these donations, there are no additional requirements for the study.

This is an Air Force study with potential worldwide applications. Call today if you'd like to be a part of this cutting-edge research.

For more information about the influenza vaccine, visit <http://health.yahoo.com/health/dc/002025/0.html>

NEED A RIDE?

If you are in no condition to drive, use the Dial-a-Ride program. Telephone numbers for participating taxi companies are:

Fairfield Taxi
(707) 422-5555
Yellow Cab of Vacaville
(707) 446-1144
Yellow Cab of Sacramento
(916) 442-4696
CALLING A CAB IS A BETTER
OPTION THAN THE ALTERNATIVES.





SSgt. Jeffrey Richards / Air Force Photo News

Checking under the hood: NAVAL AIR STATION SIGONELLA, Italy (AFIE) – SSgt. Jeffrey Richards, a flying crewchief from the 605th Aircraft Generation Squadron at McGuire AFB, N.J., changes out engine parts on a KC-10A Extender.

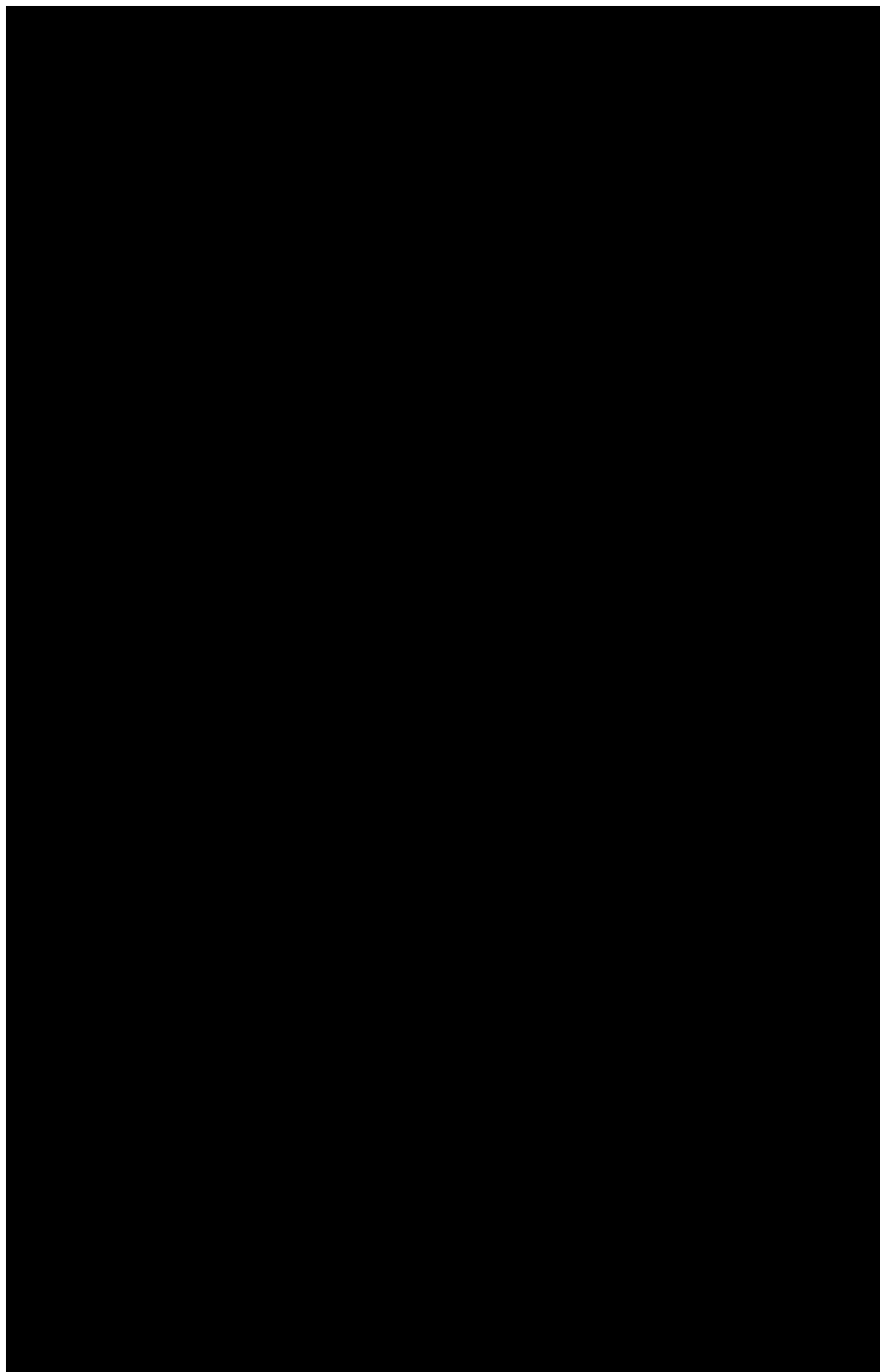
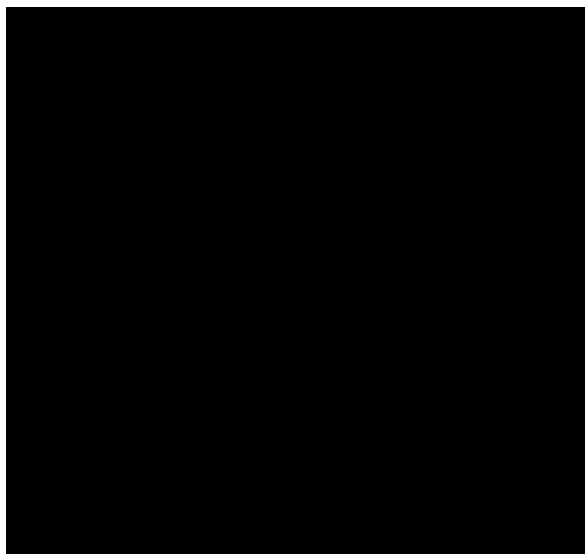
Drinking

The end results can kill

& driving

innocent people and
a military career!

don't mix



CHAPEL

Services

Catholic

Monday through Friday, 11:30 a.m., communion service or Mass, Chapel Center.

Thursday, noon, Catholic communion service, David Grant Medical Center Chapel.

Saturday, 4 to 4:45 p.m., confessions, Chapel One.

Saturday Mass, 5 p.m., Chapel One.

Sunday Mass, 9 a.m., Chapel One.

Sunday, 9 a.m., children's liturgy of the Word, Chapel One.

Sunday Mass, 12:30 p.m., Chapel Center.

Protestant

Friday, noon, 30-minute worship service, David Grant Medical Center Chapel.

Sunday, 8 a.m., community, praise & worship service, Chapel Center.

Sunday, 10:30 a.m., community worship service, Chapel Center. Nursery class for kids 3 months to 3 years.

Sunday, 11 a.m., community Gospel service, Chapel One.

Jewish

First Fridays, 7 p.m., Sabbath services and third Saturdays, 10 a.m., Sabbath services are temporarily meeting offbase. Call 424-3217 for locations.

Religious Education

Protestant

Sunday, 8 & 10:30 a.m., Children's Church, 4- to 8-year-olds, Chapel Center.

Sunday 9:15 to 10:20 a.m., Sunday School for ages 3 and up, Chapel Center.

Sunday, 11 a.m., Children's Church, 4- to 8-year-olds, Chapel One.

Catholic

Tuesday, 7:30 p.m., OCIA, Chapel Center

Wicca

Education classes are being held various locations and times due to deployments. E-mail corgivyn@care2.com for current information.

Youth Groups

Protestant

Monday, 6 to 7 p.m., "Community Teens For Christ," 12- to 18-year-olds, Chapel One annex.

Other Groups

Protestant

Second Tuesdays, 7 p.m., Protestant Women of the Chapel, Chapel Center.

Fridays, 12:30 p.m., Protestant Women of the Chapel Bible study, Chapel One.

First Saturdays, 8 a.m., Protestant Men of the Chapel, Chapel One.

Fourth Saturdays, 6:30 p.m., Community Young Adult Group, Chaplain Sander's home on base.

Inside Out

Sundays, 6:00 p.m., rock and praise-style worship, Chapel One.

Special service

The Travis Thanksgiving eve worship service will take place Nov. 21 at 7 p.m. with a pie social immediately following. The service will be held at Chapel Center. Col. Dave Lefforge, 60th Air Mobility Wing commander, is scheduled as the guest speaker. For more information, call 424-3217.

ABOUT TRAVIS

TRAVIS COMMUNITY EVENTS

Ongoing — ▲ Just a few days left to sign up new members in the Delta Breeze Club Ultimate Membership Drive. The squadron with the largest increase in new members will receive 50 percent off their next function at the club. Anyone who joins the club between now and Nov. 18 will receive a \$65 coupon book and a chance to win one of nine cars being given away. For more information, call 437-3711.

Saturday — ▲ Attend Cal Expo harness racing in Sacramento — whether you are into the betting action or just a horse-lover. Let Outdoor Recreation do all the driving while you plan your strategy. The \$15 cost covers transportation only. Other trips planned are: Nov. 24 & Dec. 16: Golden Gate Harness Racing in Berkeley.

November 16 — ▲ Youth 6 to 13 can lock themselves away for hours of fun from 6 p.m. to 1 a.m. for only \$15 with advance registration. Two lucky skaters will win six months of free skating at the rink. Advanced tickets should be purchased through the Youth Center by Wednesday. Tickets at the door are \$20.

November 17 — ▲ Runners and walkers of all ages are invited to participate in the free Travis Turkey Trot. The event consists of a 5-k run and a 1.5-mile walk. Registration begins at 10:30 a.m. and race time starts at 11 a.m. at the Exercise Center parking lot.

Age groups for the run are 10 and under, 11 to 15, 16 to 20, 21 to 25, 26 to 30, 31 to 35, 36 to 40 and 41 and over for both



Travis Library: Colleen Tiernan-Lang, 13, daughter of Navy Lt. Sharon Tiernan-Lang, recently won more than \$40 in Services coupons just for checking out what the Mitchell Memorial Library had to offer during Teen Read Week. Tiernan-Lang was already familiar with the library, as she read more than 100 books during the promotion.

men and women. Age categories for the walk are 13 and under, 14 to 20, 21 to 28, 29 to 35 and 36 and over for both men and women. Participants can register in advance at the Fitness Center.

November 18 — ▲ Get a head start on holiday shopping with a trip to Pier 39 in San Francisco. More than 100 stores to choose from and street entertainers will make this an unforgettable holiday experience in the city on the Bay. The \$15 cost covers transportation only.

November 22 — ▲ Come feast on the Thanksgiving bounty at the Delta Breeze without all the kitchen fuss. Seatings are at 11 a.m., 2 p.m. and 4:30 p.m. Adult club members pay \$14.95 Children 6 to 12 eat for \$5.95, five and under eat free. Call for reservations today.

▲ Spend the day with the Cypress Lakes family for the Thanksgiving Morning Scramble. Shotgun start at 7:30 a.m. All users are welcome to play.

—60th Services Squadron

Wreath/craft sale

The Travis Fisher House is holding its seventh annual holiday wreath/craft sale and open house Dec. 2 from noon to 4 p.m. Festive, elegant and traditional wreaths and crafts donated by local florists, merchants and individuals will be on display for purchase. Refreshments will also be served. All proceeds go to the Travis Fisher House, a home-away-from-home for families of loved ones receiving care at David Grant medical Center. Since 1994, the Fisher House has been a haven for more than 1,500 families traveling from as far away as Asia, Alaska and Puerto Rico. The

cost to operate the Fisher House is approximately \$100,000 per year, which comes solely from donations.

ATWIND prizes

Several hundred ATWIND prizes cannot be delivered because would-be winners did not supply complete mailing information or have changed addresses and did not supply a forwarding address. If you think you may be one of these individuals, contact Sam Parker, AMC Marketing, at DSN 779-7539 or (618) 229-7539 to update your ATWIND information. You may also send an email to Sam.Parker@scott.af.mil.

Travis Scouts

The Travis Boy and Girl Scout program currently has openings for youngsters (grades 1st through 12th) and adult leaders. For more information, contact Karey Thompson at 421-1832 or Scott Stewart at 437-3940.

Women's group

The Family Advocacy Program is home to the Travis Women's Group, which meets Wednesdays from 3 to 4:30 p.m. at the David Grant Medical Center. Call the Family Advocacy office at 423-5168 to register.

FSC EVENTS

Tuesday

▼ Resume writing workshop from 8 a.m. to noon at the Family Support Center. Call 424-2486.

Wednesday

▼ WIC representatives will be at the FSC from 8:30 a.m. to 4 p.m. by appointment only. Call 435-2200.

Thursday

▼ Ultimate job search for PCSing spouses from 8 a.m. to noon. Learn job search techniques for relocating spouses: develop or update resumes and long distance marketing plan, contact career counselors at new duty station. Call 424-2486.

▼ WIC representatives will be at the FSC from 8:30 a.m. to 4 p.m. by appointment only. Call 435-2200.

▼ Small business workshop from 8:30 a.m. to 3 p.m. at the FSC. Call 424-2486.

▼ Sponsorship training from 9 to 10 a.m. at the FSC. Call 424-2486.

▼ Home buying seminar from 9 to 11 a.m. at the FSC. Call 424-2486.

Wanted: Family Photos

In preparation for Military Family Week (Nov. 19-23), the FSC is requesting family photos to contribute to a military family collage. This will be a "traveling display" to different locations on base such as the BX and various services locations. It will honor Travis military families and will later be housed at the FSC. The Department of Defense knows that families are a critical part of the mission, and Military Family Week is a means of recognizing the sacrifices that military families make. Pictures may be dropped off at the FSC, or the FSC will take a picture of the family! Call 424-2486 for further information.

Trip planning

Planning a road trip within the USA can be accomplished quickly and efficiently with the help of Tripmaker and Street Finder computer programs available at the FSC. These programs help find the quickest, shortest, and alternative routes, based on personal driving speeds and preferences for road types, and allows the printing of driving directions and maps to take along. For details call 424-2486.



**Don't be a dunce.
Don't drink and
drive!**

NEWS NOTES / From Page 4

Town Hall meetings

The 60th Support Group is conducting two town hall meetings on child education for parents assigned to Travis. The meetings will be held at the Base Theater on Nov. 20 at 4:30 p.m. and Nov. 27 at 6:30 p.m. Representatives from the Travis Unified and surrounding school districts have been invited to be on-hand to answer questions and concerns. For more information, call the Support Group at 424-5078.

I.D. appointments

The Military Personnel Flight Customer Service Section will start an appointment only service Nov. 19. Any individual desiring an identification card will need to schedule an appointment by calling 424-2276 or 424-3903. Customer service personnel are hoping this will help to cut down on the wait time for customers in the customer-service area. For more information, call 424-2276.

Holiday Affair

Center school is presenting a "Holiday Affair" Dec. 1 from 9 a.m. to 3 p.m. at the school. There will be pictures with Santa, Christmas trees for sale, a Santa's workshop with gifts, a silent auction, carnival games and food for sale. For more information, call Teresa Lancaster at 437-9279.

Parade, donations

The Vacaville Veterans are asking that all veterans join them in walking in the Veterans Day Parade.

The parade is Sunday in Fairfield starting at 12:30 p.m. Participants will be gathering at the corner of Webster and Kentucky streets between 10:30 a.m. and noon to share some camaraderie and get to know one another before the parade.

The Vacaville Veterans Association is also seeking food donations of turkeys, hams, potatoes, vegetables, pies and volunteers for their annual Free Community Thanksgiving Dinner that will be served Nov. 22 between 11 a.m. and 3 p.m. If you would like to donate something, volunteer your time and would like to be included in the dinner, call 447-6354 for more information. Donations are being accepted at 549 Merchant St., Vacaville.

Housing demolition, construction

Housing residents are advised that vacant housing units in the state street area are beginning to be fenced off. Residents will be unable to drive or walk through the construction zone. Funding has been received to begin the demolition and reconstruction of new housing units in the vacant state street area. The first phase of demolition and rebuilding of 56 houses in the area bordered by Florida, Wyoming, Michigan and Texas streets has been awarded and will start soon.

Renaissance dinner

The Vanden High School music boosters will present their first Madrigal Dinner Dec. 15 at 6 p.m. at Foxboro Elementary School. The fee for the themed dinner is \$30 a person which includes a dinner of Wassail, salad, roast beef, Yorkshire pudding, a twice baked potato, green beans and bread pudding for dessert. Guests will be entertained during dinner while the choir and band perform. Seating is limited, and organizers are asking people to call early to reserve a seat. For more information, or to buy tickets, call 437-8270, 446-4161 or 747-3634.

Holiday help

Lillian's Green Thumb project is looking for donations of 2,000 pairs of new crew socks for distribution to local convalescent homes, the AIDS foundation and the Veteran's Home in Yountville.

Project organizers are also seeking donations of canned foods, toys, new sweats, sweaters and jackets.

Organizers are collecting until Dec. 15.

For more information, or to request a collection barrel, contact Lillian Meloe at 428-3125.

(Right), Flexibility and strength training are the primary objectives of the "Body Pump" class. Nikki Peterson taught this class at the recent CFC aerobathon at the Travis Exercise Center. (Below), Coordination and cardio training are principle focuses of the "Turbo Kickboxing" class. This class, taught by Tanya Shore, was one of the more popular classes of the CFC aerobathon.



Michael T. Moseley / Daily Republic liaison



Aerobathon for everyone

By Michael T. Moseley
Daily Republic liaison

The music blared, the muscles rippled and the sweat flowed as members of Team Travis came together Monday for the Combined Federal Campaign Aerobathon.

Many participants took pledges to raise money for the CFC, but Barbara Hick-bottom, Exercise Center event coordinator, revealed that the program had a two-

fold objective.

"We want to let people know that we have some wonderful exercise programs here at Travis," she said.

"There are a lot of spouses whose husbands are deployed. They need a place to get out of the house. A place to get some exercise and have some fun."

The aerobathon featured everything from body pumping to speed and quickness drills; from turbo kicking to indoor cycling; and from step

aerobics to funk aerobics.

All told nine different instructors were involved with the evening: Rita Sommer, Nikki Peterson, Krystal Miga, Elizabeth Williams, Tanya Shore, Jenny Doyle, Harvey Davis, Earl Butts and Lori Richardson.

"I had a great time," said Tri Tran, after finishing the turbo kick class. "I'll sleep good tonight."

For information on classes offered at the Exercise Center, call 424-5680.

Air Force instructor pilot runs 100 miles in less than 30 hours

By Amn Nathaniel Kelleher
314th Airlift Wing Public Affairs

LITTLE ROCK AIR FORCE BASE, Ark. — "Run, Forest! Run!" Well, not quite, but to finish a 100-mile run, an instructor pilot from the 53rd Airlift Squadron here needed all the motivation he could get.

"You're running for 30 hours," said Capt. Shannon Johnson. "You start in the dark, the sun comes up, you run all day, the sun sets, the stars come out, the moon comes out, you run all night long, the sun comes up and you're still running."

At the 92-mile mark, somewhere in the mountains around Perryville, Ark., Johnson realized he might not make the 30-hour time limit in the Arkansas Traveller 100-Mile Foot Race, held in Perryville.

Then something started burning inside. He had come too far not to make

the final time limit, he said.

"So even though it really hurt, I just sucked it up and started running," he said. He was the last to make the time limit, crossing the finish line in 29:52:20.

The Traveller, which is one of five "ultraruns" held annually in America, is not just a long road race.

"The whole time you're on fire roads, which is a one-way rutted gravel road, or it's on a trail; and it's constantly up and down mountains," he said.

This is just one in a slew of physical challenges runners face during the race, Johnson said.

"The big danger in these is your kidneys," he said. "What happens is your body starts breaking down your muscle tissue because you can't eat enough food, and that muscle tissue collects on your kidneys."

To combat this, Johnson said he kept a hydration unit on his back and ate whenever possible at the various check-

points, where he also received a lot of encouragement from his wife and other spectators.

"Throughout the whole race, you'd eat something at a checkpoint; 10 minutes later you'd be starving," he said.

He said shoes were another problem. Johnson suffered bruises on the bottom of his feet, even though he was wearing high-quality running shoes.

"I didn't realize most ultrarunners use three pairs of shoes, and they'll swap out like every 30 miles," he said.

However, all of these physical problems are not even half the battle, he said.

"You can train up to a certain physical level to be able to do it, but the biggest thing about these races is it's mental," Johnson said.

There were many times when he wanted to quit because most of the race he was running alone, he said. Many runners dropped out or were forced to

quit because of injury, or they could not make the checkpoints in time, he said.

Johnson was the last of 85 runners who finished the race. The race started with 125 people.

This was Johnson's first 100-mile ultrarun. He has run in eight marathons, but wanted a different type of challenge.

"The only challenge for me there was to get my time down lower and lower, and I really wasn't doing that," he said. "I'm more of a long-distance, endurance-type person, so I wanted to find something that was longer."

He found this 100-miler and summoned the courage and motivation to run it.

"I didn't know if I could make 100 miles or not, but I knew I wasn't going to give up," he said.

After meeting this challenge, Johnson said he is ready for more.